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ABSTRACT

This pamphlet provides information for physical education teachers on the Presidential Physical Fitness Award Program. A project of the President's Council on Physical Fitness and Sports in cooperation with the American Alliance for Health, Physical Education, Recreation and Dance, the program recognizes outstanding physical fitness among children and youth aged 6 to 17. Changes in the test battery are noted, and instructions are given for administering the physical fitness tests to students between the above-mentioned ages. (JD)

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THE PRESIDENTIAL *Physical Fitness* AWARD PROGRAM

Instructor's Guide

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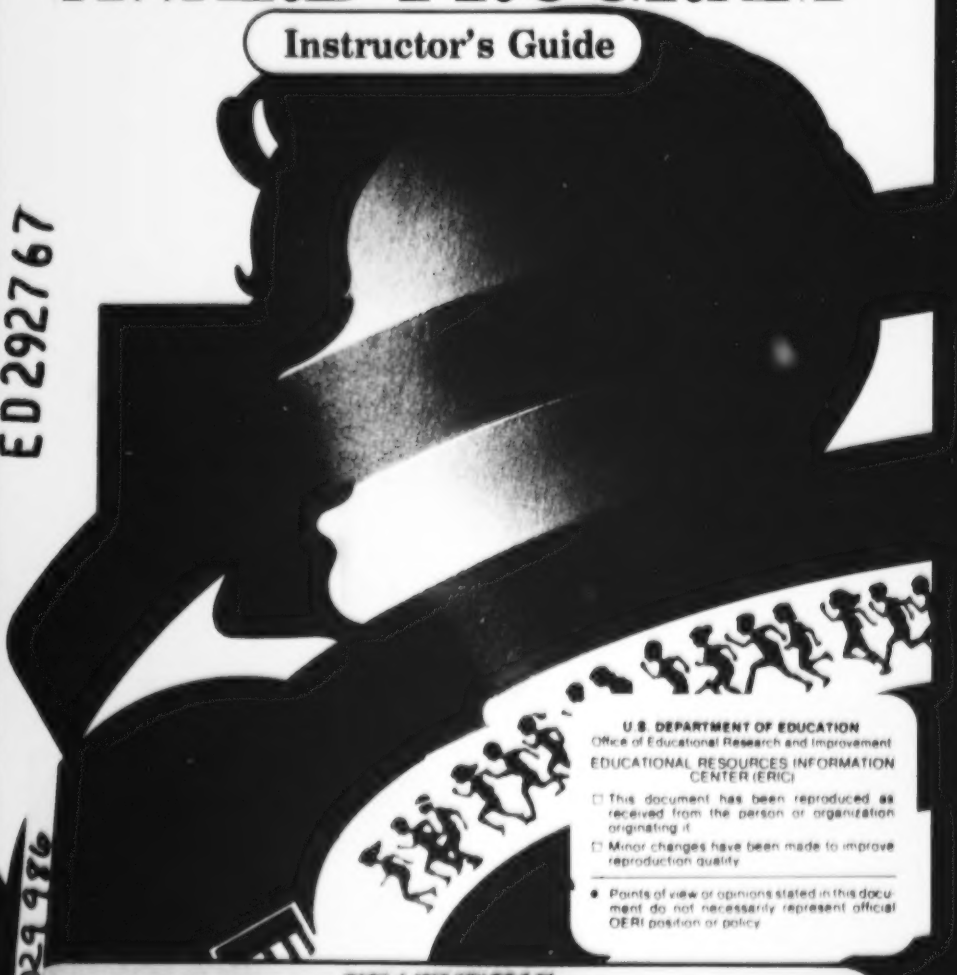

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FEATURING
The President's Challenge

• REVISED • NOW FOR AGES 6-17 •

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Program of the President's Council on Physical Fitness and Sports in cooperation with the American Alliance for Health, Physical Education, Recreation and Dance

Printed in 1987 OM 87-0001

THE WHITE HOUSE

WASHINGTON

July 16, 1986

Physical education plays a vital role in today's society. Mounting medical, social, and psychological research continues to support the role of physical fitness in promoting mental and physical health, well-being, improved work capacity, and intellectual performance.

It is in the physical education environment, be it at school, in parks or recreation facilities, community centers, camps, and even hospitals, that children and youth learn this important association.

The Presidential Physical Fitness Award Program is designed to enhance the teaching of physical fitness. With a goal in mind, young people are encouraged to challenge their bodies to achieve a level of fitness considered to be outstanding. Not all students will qualify, as is the case with any recognition program. But all students can be given the opportunity to try, and in the process improve and reach new levels of fitness.

This year the program has been changed, and now younger children will be eligible to participate. Since lifestyle patterns are established early in childhood, I am pleased to see that this change has been made; and I look forward to hearing about the first boys and girls in the new age groups to receive the award.

As administrators of the program, you hold the key to its success, and to the success of the children and youth in your charge. Accurate and useful information, taught with enthusiasm, will have a positive effect on tomorrow's adults.

We are a nation in search of excellence. Promoting physical fitness in education will help us achieve that goal.

Ronald Reagan

1) learn how to pace themselves for that distance; 2) practice covering that distance without being timed; and 3) practice covering that distance with timing before being tested.

It is also recommended that additional tests of health and fitness such as body composition, blood pressure, posture checks, etc., be used to supplement those presented in this brochure. Quality physical education programs utilize a variety of assessments and incorporate the results into meaningful and motivational lesson plans.

The class curriculum should reinforce the concepts addressed in the testing program and class time should be devoted to helping students attain a higher level of fitness. The Council recommends that all students spend 50 percent of their physical education time in exercises and activities designed to improve their cardiorespiratory endurance, muscle strength and endurance, flexibility and body composition. In the remaining time, a variety of activities including sport skill and instruction should be provided to improve speed, agility, balance, power and coordination.

The following suggestions facilitate the involvement of ALL students:

1) Group students according to ability level as gauged by fitness testing—interested students should be grouped together and special techniques should be used to motivate those who are not;

2) Offer electives so students can select activities they enjoy;

3) Introduce new and unique choices to the curriculum;

4) Continually provide feedback to students on their progress; and

5) Develop lesson plans to ensure that every child is active during class; for example, adjust field/team sizes and provide enough equipment to give every student an opportunity to participate rather than spend excessive time waiting for a turn.

The New and Revised Presidential Physical Fitness Award Program

Starting with the 1986-87 school year, the Presidential Physical Fitness Award Program (PPFA) takes on new dimensions. Based on the results of the 1985 School Population Fitness Survey funded by the President's Council on Physical Fitness and Sports (PCPFS) and conducted by the Institute for Social Research at the University of Michigan, the program includes five test items for boys and girls and norms for ages 6-17.

This is the first time in the 20-year history of the program that Presidential recognition will be awarded to youngsters ages 6-9.

Established in March, 1966, the PPFA program honors boys and girls who demonstrate exceptional physical achievement. It is designed to: (1) motivate boys and girls to develop and maintain a high level of physical fitness; (2) encourage good testing programs in schools and communities; (3) stimulate improvement of health and physical education programs; and (4) provide additional information on the physical condition of America's youth.

The program was conceived by the PCPFS and program details were developed jointly with the American Alliance for Health, Physical Education, Recreation and Dance. The program is administered by these two organizations.

TEST BATTERY CHANGES

The new test battery now measures lower back/hamstring flexibility in addition to cardiorespiratory endurance, upper body, arm and abdominal muscle strength and endurance, and leg muscle, endurance and power combined with speed and agility. The revised test includes, for boys and girls:

- one-mile run/walk
- V-sit reach (Option: sit and reach)
- curl-ups
- shuttle run
- pull-ups

Omitted from the new program are the 600-yard walk/run, the 50-yard dash, the standing long jump and flexed-arm hang. The total number of test items for each individual has been reduced from six to five.

The 1986 changes were made to assess the main components of fitness for performance and health and to focus on some of the physical weaknesses of youngsters as revealed by the 1985 School Fitness Survey.

Students still must score at or above the 85th percentile on all five items to qualify for the award. There is no limit on the number of tries students may have on each test item.

Fitness Components Measured in the Presidential Physical Fitness Award Program

ITEM	FITNESS COMPONENT
Curl-ups	**Abdominal strength/ endurance**
Pull-ups	**Arm and shoulder strength/endurance**
V-Sit Reach or Sit and Reach	**Flexibility of lower back and posterior thighs**
One-mile Run/Walk	**Cardiorespiratory endurance**
Shuttle Run	**Leg strength/endurance/power/agility**

Instructions for the Presidential Physical Fitness Award Test

CURL-UPS (Boys and Girls)

OBJECTIVE—Number of curl-ups performed in one minute.

EQUIPMENT—Stopwatch. A mat or other clean surface is preferred.

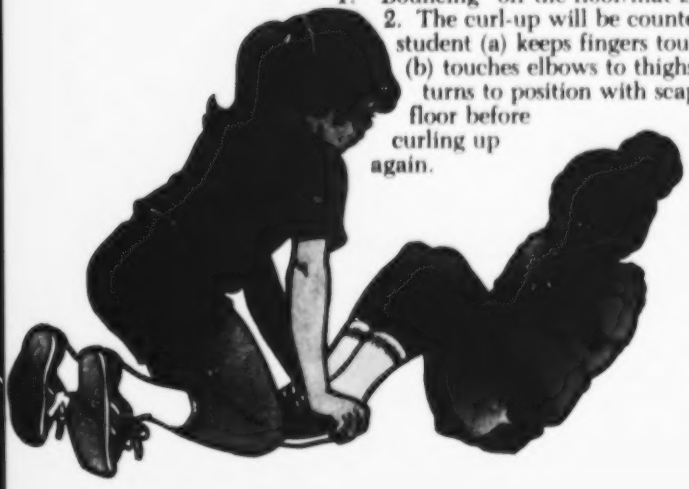
STARTING POSITION —Student lies on back with knees flexed at 90 degrees; partner holds feet. Heels should not be more than 12 inches from the buttocks and the back flat on the floor. Arms are crossed with hands placed on opposite shoulders, arms close to chest. The arms are held in contact with the chest at all times.

ACTION—Student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (upper back) touch the floor. This constitutes one curl-up.

THE TEST—The timer calls out the signal "GO" and begins timing one minute. Student stops on the word "stop." The number of correctly executed curl-ups completed in 60 seconds is the student's score.

RULES—

1. "Bouncing" off the floor/mat is not allowed.
2. The curl-up will be counted only if the student (a) keeps fingers touching shoulders; (b) touches elbows to thighs; and (c) returns to position with scapula touching floor before curling up again.



PULL-UPS (Boys and Girls)

OBJECTIVE—Maximum number of pull-ups completed (no time limit).

EQUIPMENT—A horizontal bar at a height the student can hang from with arms fully extended and feet free from floor.

STARTING POSITION —Student assumes hanging position on bar with overhand grasp (palms facing away from body).

* Small students may be lifted to starting position.

ACTION—Student raises body until chin is over the bar without touching it and then lowers body to the full-hang starting position.

THE TEST—Student performs as many completed pull-ups as possible.

RULES—

1. The body must not swing during the movement. If the student's body starts to swing, hold an extended arm across the front of the thighs.
2. The pull-up must be smooth and not a snapping or jerky movement. Kicking of the legs or bending the knees is not permitted.

V-SIT REACH * (Boys and Girls)

OBJECTIVE—Farthest distance reached past baseline.

EQUIPMENT—Clean floor, yardstick, adhesive tape.

SET-UP—A straight line two feet long is marked on floor. This is the baseline. A line is drawn perpendicular to the midpoint of the baseline extending two feet on each side. This is the measuring line. Place one-inch and half-inch marks along the measuring line on each side of the baseline or lay a ruler down to measure distance reached. The "0" point is where the baseline and measuring lines intersect.

STARTING POSITION—Student removes shoes and sits on floor with measuring line between legs and soles of the feet placed immediately behind the baseline. The heels should be 8-12 inches apart.

ACTION—Student clasps thumbs so that hands are together, palms down and places them on floor between legs. While the legs are held flat on the floor by a partner, subject holds soles of feet perpendicular to the floor (feet flexed) and slowly reaches forward along the measuring line as far as possible, keeping the fingers in contact with the floor. Three practices tries are given. On the fourth extension, student holds farthest reach for a count of 3 seconds while that distance is recorded.

* OPTION: SIT AND REACH, *page 12*.

RULES—

1. Legs must remain straight, soles of feet perpendicular to floor.
2. Students should not "bounce."
3. Mark scores at point where fingertips touch floor.
4. Scores are recorded as plus scores for reaches beyond baseline and minus scores behind baseline. All scores are recorded to the nearest half-inch.

SIT-AND-REACH (Boys and Girls)

OBJECTIVE—Farthest distance reached.

EQUIPMENT—Specially constructed box with a measuring scale marked in centimeters; 23 cm. is at the level of the feet.

STARTING POSITION—Student removes shoes and sits on floor at the measuring box with knees fully extended and feet shoulder-width apart. The soles of the feet should be flat against the end of the box.

ACTION—Student extends arms forward placing hands on top of each other along measuring line, palms down. The test administrator holds the student's knees with one hand to keep knees extended. Student reaches forward along the measuring line as far as possible. Three practice tries are given. On the fourth extension, student holds the position of maximum reach for one second while that distance is recorded.

RULES—

1. Legs must remain straight, soles of feet against box.
2. Fingertips of both hands should reach evenly along measuring line.
3. Scores are recorded to the nearest centimeter.

QUALIFYING STANDARDS (in centimeters)

Age	6	7	8	9	10	11	12	13	14	15	16	17
Boys	31	30	31	31	30	31	31	33	36	37	38	41
Girls	32	32	33	33	33	34	36	38	40	43	42	42

Details regarding this test item are taken from the AAHPERD Health Related Physical Fitness Test Manual.

ONE-MILE RUN/WALK (Boys and Girls)

OBJECTIVE—Fastest time in minutes and seconds to cover one-mile distance.

EQUIPMENT—Track or safe area marked to equal distance of one mile. Stopwatch.

STARTING POSITION—Student assumes standing "ready" position at the start of course. More than one student at a time can be tested if area permits and an adequate timing and recording system is used.

ACTION—At the signal "Ready? Go", the student begins running the mile distance. Fast times are encouraged, however, walking may be interspersed with running.

RULES—Walking is permitted, but students should be encouraged to cover the distance in the shortest time possible.

Before administering this test, student's health status should be reviewed. Also, students should be given ample instruction on how to pace and allowed to practice running this distance against time.

SHUTTLE RUN (Boys and Girls)

OBJECTIVE—Fastest time to perform run.

EQUIPMENT—Two blocks (i.e. wood, erasers) approximately size 2" x 2" x 4", stopwatch, two parallel lines 30 feet apart.

STARTING POSITION—Two parallel lines are marked on the floor 30 feet apart. The width of a regulation volleyball court is a suitable area. The blocks of wood are placed behind one of the lines. Student starts from behind the other line.

ACTION—On the signal "Ready? Go" the student runs to the blocks, picks one up, runs back to the starting line, *places* block behind line, runs back and picks up second block and runs back across starting line.

RULES—

1. Record score to the nearest tenth of a second.
2. Do not allow student to throw blocks across line.

HINTS—If the scorer has two stopwatches or one with a split-second timer, it is preferable to have two pupils running at the same time. To eliminate the necessity of returning the blocks after each race, start the races alternately, first from behind one line and then from behind the other.

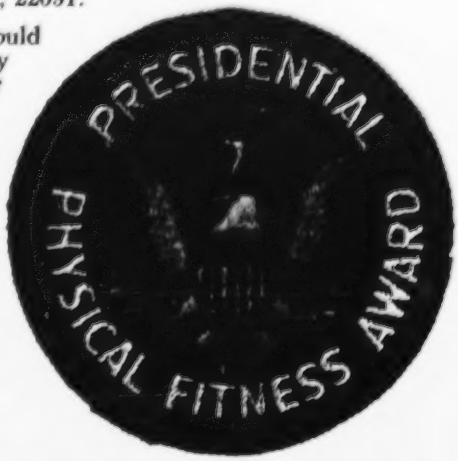
Award Materials

Students who qualify for the Presidential Physical Fitness Award receive an official certificate signed by the President of the United States. The 8" x 10" certificate is suitable for framing and includes a Presidential signature, Presidential emblem and a brief congratulatory message. There is room for the student's name and school to be inscribed.

In addition, students who qualify receive an award emblem designed for wear on sweaters, jackets or sweatsuits. The award emblem is three inches in diameter and is embroidered in gold, red, white and blue. It features a number indicating the number of years the recipient has won the Presidential Physical Fitness Award. Only one award can be earned in each school year. Presidential award decals in the same design as the emblem are also available to be used on textbooks, notebooks, luggage and bulletin boards.

Order forms for the materials are available from the Council office. However, all materials are ordered from the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) office, 1900 Association Drive, Reston, VA, 22091.

Award winners should not be asked to pay the fee charged for the awards. It is suggested that financial help be sought from sources such as local PTAs, service clubs, businesses and veterans groups if necessary.



Instructor Recognition

A Presidential Instructor Emblem is available to teachers and other instructors who qualify young people for the award. The emblem is four inches in diameter and embroidered in gold, red, white and blue.

Motivation: Central Focus of PPFA Program

The Presidential Physical Fitness Award Program can help emphasize the physical fitness objectives of physical education by providing a means of evaluation and motivation. This award and other awards such as those offered by AAHPERD recognize students at various levels of fitness and ability.

The PCPFS recommends that testing be carried out at least twice a year and that the year's curriculum be designed to teach and reinforce the basic components of physical fitness. The curriculum also should address those weaknesses shown by students in early testing and provide special instruction to the physically underdeveloped and handicapped.

It is suggested that annual awards dinners, traditional honor assemblies or special demonstration programs for parents and other guests be used to highlight the accomplishments of those students in the awards program. This is also a good time to recognize out-of-school award sponsors. At these occasions, Presidential awards can be presented and student accomplishments in fitness noted. An individual boy or girl, however, is eligible for only one Presidential Award during any one school year.

Special Motivational Aspects of the Presidential Physical Fitness Award Program

SCHOOL DEMONSTRATION CENTER PROGRAM: Each State has been allotted a specific number of schools that it can select to serve as demonstration centers for the PCPFS. These schools represent the highest quality physical education programs in the Nation. Criteria for the selection of these centers is developed by the State Department of Education and approved by the Council. Each school that is selected receives a certificate and pennant from the Council and a letter of congratulations from the Chairman of the PCPFS.

Schools that serve as a demonstration center for a period of three consecutive years are eligible to receive honor roll status. These demonstration schools are listed at the Council headquarters and used for referrals to anyone wishing to observe outstanding programs of physical education.

For information on applying as a State demonstration school contact your State's director of physical education at the Department of Education or the PCPFS.

STATE CHAMPION PROGRAM: Established in 1972, the State Champion Program recognizes outstanding school achievement in physical fitness. The State Champion Award is presented annually to three schools in each State. It goes to the schools that qualify the highest percentage of eligible students for the Presidential Physical Fitness Award in each of three enrollment categories: fewer than 100 students, 101-500 students; more than 500 students. Each winning school receives a certificate. Every student who earns the Presidential Physical Fitness Award and helps the school become a State Champion receives a special embroidered State Champion emblem.

Highlights of the 1985 School Fitness Survey

The 1985 School Fitness Survey was designed to: (1) assess the physical fitness status of American public school children ages 6-17; (2) establish national norms for these age groups by age and sex; (3) compare these data with the results of similar surveys completed in 1958, 1965, and 1975.

A four stage probability sample was designed to select 19,200 boys and girls from approximately 57 school districts and 187 schools. The desired yield was 500 boys and 500 girls per grade on each test. The sample yielded a total pool of 18,857 students — 9,678 boys and 9,179 girls.

The survey included the following test items: curl-ups, one-mile run, 600-yard dash, shuttle run, standing long jump, sit-and-reach test, pull-ups, flexed-arm hang and two-mile walk. All data were analyzed and comparisons made with previous surveys where applicable. Boys and girls ages 6-17 were tested on all items.

In general, the performance of 1985 youth was not much different from that of youth in 1975. There was poor performance by large numbers of boys and girls on tests of arm and shoulder muscle strength and endurance, abdominal strength and endurance and flexibility. Overall, boys scored higher than girls except on the flexibility test. Girls declined or stayed at the same level in their performance after age 14.

Some specific findings:

- In the V-Sit Reach flexibility test, 40 percent of boys ages 6-15 could not reach beyond their toes;
- Approximately 50 percent of girls ages 6-17 and 30 percent of boys ages 6-12 could not run a mile in less than 10 minutes;
- One out of four boys ages 6-12 could not do one pull-up;
- 55 percent of all girls tested could not hold their chin over a raised bar for more than 10 seconds.

Historical Perspective of PCPFS Role in Youth Fitness Testing

Fitness testing of youth served as the impetus for the formation of the Council in 1956. Hans Kraus, a well-known physician in New York City, published the results of a study showing that American boys and girls were woefully unfit as compared to the children of Western Europe. The study received widespread publicity and "shocked" the national conscience. A concerned President Dwight D. Eisenhower quickly founded the President's Council on Youth Fitness as part of a national campaign to help get America's younger generation in shape. This early effort accounted for an increased emphasis on the physical fitness objectives in physical education.

Similar surveys were conducted in 1965 and 1975 using the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) Youth Fitness Test. In general, scores improved on most test items from 1958 to 1965 but have remained the same since then.

In 1966, President Lyndon B. Johnson launched the Presidential Physical Fitness Award Program encouraging American youngsters to "Join the President's All-American Team." The norms used in the program, which recognizes exceptional physical fitness achievement, have been based on the results of each decade's survey.

NEW STANDARDS FOR THE PRESIDENTIAL PHYSICAL FITNESS AWARD

The Chart Below Lists the 85th Percentile Scores Used to Qualify for the Award

"The President's Challenge"

AGE	CURL-UPS (Arms across chest) (Timed one minute)	SHUTTLE RUN (seconds)	V-SIT REACH OR SIT AND REACH* (inches + / −)	ONE-MILE RUN (minutes/seconds)	PULL-UPS
BOYS					
[redacted]					
GIRLS					
6	32	12.4	+5.5	11:20	2
7	34	12.1	+5.0	10:26	2
8	36	11.9	+4.5	10:02	2
9	39	11.1	+5.5	9:30	2
10	40	10.8	+6.0	9:19	2
11	42	10.5	+6.5	9:02	3
12	45	10.4	+7.0	8:22	3
13	46	10.2	+7.0	8:13	3
14	47	10.1	+8.0	7:59	3
15	46	10.0	+8.0	8:08	2
16	45	10.1	+9.0	8:23	1
17	44	10.0	+8.0	8:15	1

Scores based on 1985 School Population Fitness Survey

* See page 12 for SIT AND REACH scores.

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